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Food and Home Notes

UNITED STATES DEPARTMENT OF AGRICULTURE · WASHINGTON, D.C. 20250

35TH YEAR

OCTOBER 16, 1978

New Publication

"People on the Farm: GROWING ORANGES"

Women are said to own some 70 percent of the citrus-growing acreage in Florida, either directly or in partnership with their husbands, according to "People on the Farm: Growing Oranges"--a new publication that describes orange production, from growing, feeding and picking to inspecting and selling.



All kinds of oranges, from the Valencia--the most popular in the world--to the Naval, Parson Brown or Temple, are described in this new publication, as well as the four kinds of orange juice. In Florida, an orange must be at least 50 percent yellow to be shipped from Florida as fresh fruit. The amount of acid in orange juice decreases and the amount of sugar increases as the fruit matures....and it does make a difference in the taste.

Single free copies of this new publication are available to the press by writing to the Publications Division, Governmental & Public Affairs, U.S. Department of Agriculture, Washington, D.C. 20250.

Food Research

---On Southernpeas

The nutritional potential of southernpeas may benefit some new food products because they are high in protein and minerals. They're also low in fat content--and relatively abundant in the essential amino acid, lysine, according to researchers at Auburn University, Alabama. Durward A. Smith, Department of Horticulture at Auburn, says the southernpea crop is being tested to incorporate it in a variety of food items--especially as a high fiber flour.

Corn puffs, potato chips, bread, corn muffins or cakes and pies may be made by using not more than 15 to 20 percent southernpea flour, according to preliminary research. Taste acceptance was lowered when more than 20 percent of the "cowpea" or southernpea, flour was used in a product. Otherwise, good volume and texture was achieved and there was no problem with the taste acceptance.

In making the southernpea flour only eyeless cream-type peas may be used to avoid having black specks dispersed throughout the flour. But when the peas are deskinned, the problem is eliminated and all the peas may be used. More information will be available early in 1979 as this research on the southernpea continues.

NATIONAL AGRICULTURAL OUTLOOK
CONFERENCE - Nov. 13-16, 1978
(U.S.D.A., Washington, D.C.)

On Labeling --and Imported Meats

Foreign meats are always labeled to show the country of origin when imported into this country, according to officials of the U.S. Department of Agriculture's Food Safety and Quality Service. Imported products such as hams, luncheon meats, sausages and cuts of imported meats carry their label of identity through the marketplace to the consumer.



However, frozen boneless beef--by far the major meat item imported--is imported from approved foreign plants for future processing in this country. Following import inspection, this meat is often mixed with domestic meat and used for making hot dogs and hamburgers. The identity of the foreign meat used for processing is lost and the labels for the finished products do not state whether the meat ingredients are domestic or imported or a mixture of the two.

Timely Tips

One of the most useful items in your kitchen is your meat thermometer---it should be used often to check the degree of doneness of meat. Cooking time in relation to weight is often used as a guide to the degree of doneness, but this may be influenced by the cut's fat and moisture content and by its shape or size.

The most important part of cooking meat is temperature control. Meat loses moisture, fat, and other substances during cooking....but proper temperatures will help you retain the juices and fat which may be used as pan drippings--if you choose.

Bread Research --and Lactose

Taste-acceptable bread can be made for people who cannot tolerate lactose in their diet, according to Merle D. Shogren, a food technologist for the U.S. Department of Agriculture.



Lactose is the carbohydrate in milk. It can be utilized by the body only if it is broken down to glucose and galactose by the enzyme lactase in the small intestine. To some individuals this is a problem because people intolerant of lactose are deficient in this enzyme. In fact, some scientists believe that many more people in the world are lactose intolerant than are tolerant.

Shogren, who is with the U.S. Grain Marketing Research Laboratory, Manhattan, Kansas, found that lactose-hydrolyzed dry milk does not contribute to leavening and desirable loaf size, usual functions of sugar in breadmaking. Consumer-acceptable bread can be made with lactose-hydrolyzed dry milk, Shogren says, if the amount of sugar or malt in the formula is increased.

Cost of Food at Home FOR A WEEK (AUGUST 1978)

	<u>Thrifty plan</u>	<u>Low-cost plan</u>	<u>Moderate- cost plan</u>	<u>Liberal plan</u>
FAMILIES				
Young couple.....	\$26.20	\$34.10	\$42.80	\$51.30
Elderly couple.....	23.50	30.50	37.70	45.00
Family of 4 with preschool children.....	36.90	47.50	59.30	70.90
Family of 4 with elementary school children.....	44.30	57.30	71.80	86.00
INDIVIDUALS*				
Women				
20-54 years.....	10.70	13.90	17.30	20.60
55 years and over.....	9.70	12.60	15.50	18.30
Men				
20-54 years.....	13.10	17.10	21.60	26.00
55 years and over.....	11.70	15.10	18.80	22.60
Children				
1-2 years.....	5.90	7.50	9.30	11.00
3-5 years.....	7.20	9.00	11.10	13.30
6-8 years.....	9.10	11.70	14.60	17.50
9-11 years.....	11.40	14.60	18.30	21.90
Girls 12-19 years.....	10.90	13.90	17.20	20.50
Boys 12-14 years.....	12.20	15.50	19.40	23.20
15-19 years.....	13.50	17.20	21.50	25.80

* Cost of food at home for any family can be figured by totaling costs shown for individuals of sex and age of various members of the family as follows:

- o For those eating all meals at home (or carrying some meals from home), use amounts shown.
- o For those eating some meals out, deduct 5 percent from amount in table for each meal not eaten at home. Thus, for a person eating lunch out 5 days a week, subtract 25 percent or one-fourth the cost shown.
- o For guests, include for each meal eaten, 5 percent of amount shown in table for the proper age group.

Next, adjust the total figure if more or fewer than four people generally eat at the family table. Costs shown are for individuals in 4-person families. Adjustment is necessary because larger families tend to buy and use foods more economically than smaller ones. Thus, for a 1-person family, add 20 percent; 2 persons, add 10 percent; 3, add 5 percent; 4, use as is; 5 or 6, subtract 5 percent; 7 or more, subtract 10 percent.

Note: The publication "Family Food Budgeting for Good Meals and Good Nutrition," Home and Garden Bulletin No. 94, describes USDA's thrifty food plan (used in setting the coupon allotment in the Food Stamp Program) and the three more costly plans, on which these costs are based. Single copies are available from the Office of Governmental and Public Affairs, U.S. Department of Agriculture, Washington, D.C. 20250. Request publication by name and number and include your ZIP code.

FOOD CLIPS

Do not stuff poultry a day ahead----do it just before roasting because stuffing inside a warm turkey is a breeding place for bacteria. Refrigerate leftover poultry and stuffing in separate dishes--as soon as possible, suggest USDA home economists.

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Hot dogs and luncheon meat should not be stored in the refrigerator more than a week.

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Cuts of beef frequently cured are the brisket (called corned beef when cured), the tongue, and some sausages and luncheon meats that contain beef.

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Dried beef, another cured beef product, is usually made from the round. Veal tongue may be cured, but other veal cuts usually are not.

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Round steak and beef rib roast may cost the same per pound, but the round steak will provide 2 to 3 ounces more cooked lean meat per pound purchased.

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Good quality beef has red, porous bones; veal bones are soft and very red.

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The color of fat varies with breed, age and feed of the animal. It is not an indication of quality.

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ABOUT YOU 'N' ME

Sharon M. Ross has just been promoted to managing editor of the Webb Company publications newest venture, the Family Food Garden, a monthly magazine for home vegetable and fruit gardeners. Ross was formerly the home editor of the Farmer magazine.. American Agricultural Editors' Association slated their annual meeting in Chicago again, scheduled for Nov. 29-Dec. 1.....Mary Braxton, new secretary for the National Broadcast Editorial Association for 1978-79, is the first woman and the first black to hold office within the organization...National Farm/City Week coming up, Nov. 17-23. Why not visit a farm?.....Connie Walker, a member of the Washington (D.C.) Independent Writers, won the coveted Hugo statuette award at the Chicago International Film Festival for her slide presentation on the Employment Opportunities for Minority Women sponsored by the Alexandria (Va.) Commission on the Status of Women. Walker wrote, produced and directed the presentation.

FREE PUBLICATIONS

While supply lasts, free, single copies of the following booklets are available from the Publications Office, GPA, U.S. Department of Agriculture, Washington, D.C. 20250.*

- "How to Buy Meat for Your Freezer," Home and Garden Bulletin #166
- "How to Buy Poultry," Home and Garden Bulletin #157

* County Extension Staffers: When ordering publications, use Extension Service Form 91A, "Publications Shipping Order," and follow instructions from your State Publications Distribution Officer.